

Quick Weightlifting Starters Workout Guide 2 Day Split

Day 1 – Chest, Triceps, Calves

Dumbbell Flat Press – 1 warm up set, 4 sets of 10 reps

Incline Chest Press Machine – 1 warm up set, 3 sets of 10 reps

Triceps Extension Machine – 1 warm up set, 4 sets of 12 reps

SUPERSET Chest Flys Machine and Rope Pulldown Extensions – 3 sets of 12 reps

*If you cannot superset due to equipment availability then do separately starting

Calve Press Machine OR Calve Raises Machine – 1 warm up set, 3 sets of 12-15 reps

Day 2 – Back, Biceps, Quads and Hamstrings

Pull ups machine – 1 warm up set, 3 sets of 10 reps

Pulldown machine – 4 sets of 10 reps

Dumbbell bicep curl – 1 warm up set, 3 sets of 10 reps

Preacher bicep curl machine – 4 sets of 10 reps

Leg press machine – 1 warm up set, 4 sets of 10 reps

Leg curl machine – 1 warm up set, 4 sets of 10 reps

Leg ext machine – 4 sets of 10 reps

Notes

- Remember you should do some quick stretches before hand to warm up
- Remember you should not use this guide for more than 4 weeks as it's a light and introductory guide to weights